

For Your Health

Don't Wait Until it's Too Late!
Medicare Open Enrollment period is:
October 15 – December 7
Medicare plans change every year.
Minuteman Senior Services SHINE
Program can help you review your
options.

What are the changes to your prescription drug plan?
 What are your options for Medicare coverage?
 How does your particular health insurance plan
 work and how does it compare to others?

Call the Council on Aging to make an appointment with one
 of our SHINE counselors (see schedule below).



SHINE provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Minuteman Senior Services provides a variety of services that help seniors and people with disabilities live in the setting of their choice.

Muscle Care Clinic

With Wayne Durante, LMT

\$10 for 10 minutes • Thursdays beginning at 9:00 AM

Please call for an appointment 781-275-6825

Celebrate the Benefits of Chocolate

Everybody likes chocolate! It's delightful to our taste buds: unique in flavor, creamy and tasty, and melts in your mouth! Chocolate is a popular treat that many people crave. It is given as favors for holidays, such as Valentines Day, Easter, and Christmas, or special occasions, such as birthdays and parties. There are many health benefits of chocolates too! Chocolate, made from cocoa beans, contains flavonoids which can reduce the risk of heart disease and lower blood pressure. Chocolate is rich in a number of important antioxidants and has lots of neuroactive components. A growing numbers of studies suggest that it can be a healthy food choice. Joyce Cheng, Community Health Nurse would like to invite you to discover the health benefits of chocolates and how to select chocolate that is healthy. Come sample a variety of chocolates and celebrate the holiday season with Joyce on **Thursday December 18 at 10:00 AM.**



Bedford Council on Aging Services

In addition to the many educational and recreational programs offered, we offer a variety of services to older adults and their caregivers including:

- ◆ Senior service evaluation and coordination
- ◆ Senior-related crisis intervention
- ◆ Assistance in choosing housing, including assisted living and nursing facilities
- ◆ Transportation to medical appointments
- ◆ Help in obtaining public benefits
- ◆ Health benefits counseling
- ◆ Job placement through the Town and in the private sector
- ◆ Home Safety evaluations to identify potential fire, crime, falling, and other hazards
- ◆ Legal counseling by an attorney
- ◆ Tax preparation by AARP/IRS

Elder Services Coordinator, Wendy Aronson is available for consultation either in-person by appointment or by phone at (781) 275-6825. If you are a family member or caregiver of a senior, Wendy can help you access the information and resources that best suit your needs. Please do not hesitate to call!

Health Screenings

Podiatry Clinic: Friday, December 12

Dr. Bryant Tarr will be at the COA from 8-11 AM. Please call to let us know you are coming. The cost is \$25 for each treatment.

Nurse's Hours: Friday, December 12 and Monday December 22 Community Health Nurse, Joyce Cheng will be at the COA at 1:00 PM to take your blood pressure and to provide individual consultation for any health questions you may have. She will meet with people on a "first come, first served" basis.

SHINE Health Benefits Help! SHINE counselors from Minuteman Senior Services will be available **Tuesday December 9** and **Monday December 22** Beginning at 10 AM; **Wednesdays December 3** and **17** beginning at 2 PM. Please call to make an appointment! If you cannot leave your home, they will call you.

Free Hearing Clinic: Joe Sarofeen of Apex Hearing will be here on **Thursday, December 18** from 10 AM to 1 PM. Please sign up at the COA or by calling (781) 275-6825.

What You Need to Know

Insight and Decision Making with Aging

Life is a process of decision-making. Decision is a function of insight and constraints. Let us explore our experiences in life. All are welcome to join the discussion

Date: Wednesday, December 17

Time: 6:00 - 9:00 PM

Refreshments will be provided

Please contact Bijoy Misra 617-864-5121 or Mool Raj Mathur 617-429-7095



Council on Aging Board Meeting

The next Board meeting will be held on **Tuesday, January 13 at 11:30 AM** in the Fitch Room (second floor, Town Center Building). All are welcome to attend this public meeting. The COA board is an appointed committee that consists of 9 volunteers who live in Bedford and are registered Bedford voters. They work toward solving complex issues and setting or recommending policy that helps to shape the kind of community in which we live.



Could You Use Some Help With Home Heating Bills?

Applications for fuel assistance are currently being accepted. If you could use some help paying your home heating bills, the Fuel Assistance Program may be for you! To be eligible, you must be a Bedford resident and have a maximum income of **\$32,618** for a one-person household to **\$42,654** for couples. Contact the COA at (781) 275-6825 for more information or to set up an appointment. All information will be held confidential. Remember, your taxes paid for this program, so if you think you qualify, apply for the benefits you deserve!



Help Seniors in Our Community by donating to the "Giving Hands" Program

The Council on Aging will be collecting gifts cards to help seniors in our community. Gift cards for supermarkets and pharmacies are most helpful. Thank you for your generosity!

Choosing Peace of Mind and Control for the Long Term: Housing Options Wednesday December 10, 1:00 PM

Attorney Dale J. Tamburro in cooperation with the Bedford Senior Center, will present a seminar about Housing Options, Long Term Care Insurance, and Reverse Mortgages and Trusts for Seniors.

In addition to any questions you may have for the Speakers, they will also cover the following major topics during this session:

- Remaining Home or NOT?
 - Staying Home Benefits and Disadvantages Issues
 - Irrevocable Trust to Protect from Nursing Home and other Creditors
 - Reverse Mortgages in detail
 - Downsizing in General
 - Renting, children move in with you
 - Assisted Living Facilities or Continued Care Communities basics
 - Long Term Care Insurance: Home, Assisted Living and Nursing Home
 - Long Term Care Insurance and Life Insurance Hybrid
- And if we have time:
- Creative Asset Protection if you want to move in with someone else

Dale will also be offering three 45-minute individual consultations that day beginning at 9:00 AM. Please call the Council on Aging at (781) 275-6825 to register for the seminar or to make an individual appointment.

COA ON THE AIR

Looking for something new and interesting to watch? *COA on the Air* is a cable TV program dedicated to the issues and interests of seniors in the Town of Bedford. The production staff is comprised of senior volunteers assisted by COA staff. The two co-hosts, both seniors themselves, strive to highlight opportunities offered through the Bedford Senior Center for socialization and recreation for seniors. Featured guests range from local townspeople to physicians to educators who discuss topics relevant to the senior population.

Tune in to *COA on the Air* each Friday at 7:30 PM and Sundays at 3:30 PM. The show can be found on channel 38 for Verizon customers and channel 8 for Comcast customers.

THE COMPUTER CORNER

Computer Club

Meetings will continue on the 1st Wednesday of each month. A round table discussion will be held on **Wednesday December 3 at 10:00 AM.**

Computer Drop-In

All are welcome!!! Our friendly Computer Club volunteers will be here each Tuesday and Thursday afternoon at 2:00 to help those with questions about any aspect of computer use.

Get Answers by Email!

Todd Crowley answers computer questions of Bedford residents by email! Simply send your questions to AskToddC@yahoo.com.